

CHÈVRE AND GARLIC BREAD SALAD

Prep Time: 10 minutes

Cook Time: 1 minutes

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| 1 (5-inch/13cm) piece French bread | 1/4 cup (60ml) coarsely chopped fresh basil |
| 1 garlic clove, halved | 1 tbsp. (15ml) white wine vinegar |
| 2 medium tomatoes, cored and diced | 1/4 tsp. (1ml) salt |
| 4 oz. (115g) chèvre or other goat's-milk cheese, cut into bite-size pieces | 1/4 tsp. (1ml) freshly ground pepper |
| | 3 tbsp. (15ml) olive oil |

1. Preheat broiler. Cut bread in half lengthwise. Rub cut sides with garlic. Broil 4 inches (10 centimetres) from heat 1 minute or until bread is toasted. Cool slightly; tear into bite-size pieces and place in a salad bowl. Add tomatoes, chèvre and basil.
2. Combine vinegar, salt and pepper in a small bowl; stir to dissolve salt. Whisk in oil.* Pour over bread salad and toss well.

Serves 4

Per Serving: 245 calories/kJ-1030 (60% of calories from fat), 17g fat, 6g saturated fat, 10mg cholesterol, 390mg sodium, 190mg potassium, 15g carbohydrate, 1g fiber, 2g sugars, 8g protein, 0g Omega-3

*Or substitute 1/4 cup (60 millilitres) of bottled vinaigrette dressing.



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* tomato *